



2026

TrailLink Unlimited 

Guides   



Sacramento
River Trail
California



Sacramento River Trail

California

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Tucked away in Northern California's Shasta County is the charming town of Redding, which over the years has worked diligently to become one of the premier trail destinations in the West. The pride of Redding's trail system is the Sacramento River Trail, an extensive network that runs along the banks of the Sacramento River, offering stunning views of the river and nearby mountains, and a close-up look at one of the most breathtaking bicycle/pedestrian bridges in the country.

The Sacramento River Trail holds court as a favorite for many California rail trail enthusiasts. From the Court Street (Benton Drive) trailhead, the trail heads west along the Sacramento River. A wooded section quickly gives way to an open area with striking views of the Trinity Mountains. During the spring, the river maintains a

glacial deep-blue hue from melted snow flowing down from the mountains. The river-powered mining operations during the late 1800s, and interpretive signs along the trail explain the hydraulic mining operations. Trail users will also be able to spot remnants of the line operated by the Central Pacific Railroad that once carried ore as far north as Portland, Oregon.

About the Route

Heading east, the trail crosses the Sacramento River Trail Bridge at the 3-mile mark, an impressive 418-foot stress ribbon bridge. Opened in 1990, it was the first bridge of its kind built in North America. The bridge is supported by 236 steel cables inside the bridge deck that are drilled into bedrock. The design allows the bridge to have a minimal impact on the natural rock lining the Sacramento River and avoids the need for piers. Trail users can cross the bridge and head east on the other side of the river or continue another 0.5 mile to the Keswick Dam western trailhead and return.

While the southernmost 3-mile section of the trail has a gradual grade, the northern portion—which is not a rail trail—is more undulating, with short climbs and dips. The trail meanders through an upscale neighborhood here and has a variety of local access points. The trail has a very smooth surface most of the way and gets plenty of use by walkers, runners, and cyclists.

Near the 6-mile mark, the trail comes to the old Diestelhorst Bridge. Completed in 1915 and now used exclusively by bicyclists and pedestrians, it was originally the first bridge across the Sacramento River built for automobiles. Trail users can return to the original trailhead by crossing this bridge or continue east along the river, where several visual treats await. One is the lovely McConnell Arboretum, an impressive garden complex surrounded by 200 acres of riparian forest and oak savannah. It features butterfly, children's, medicinal, and Pacific Rim gardens, among others. A paved



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States: California

Counties: Shasta

Length: 11.5 miles

Trail end points: Keswick Dam Rd. (Redding)
to Hilltop Dr. (Redding)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Inline
Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Sacramento River Trail runs between Keswick Dam Rd. (Redding), where parking is available, and Hilltop Dr. (Redding).

Parking is also available at:

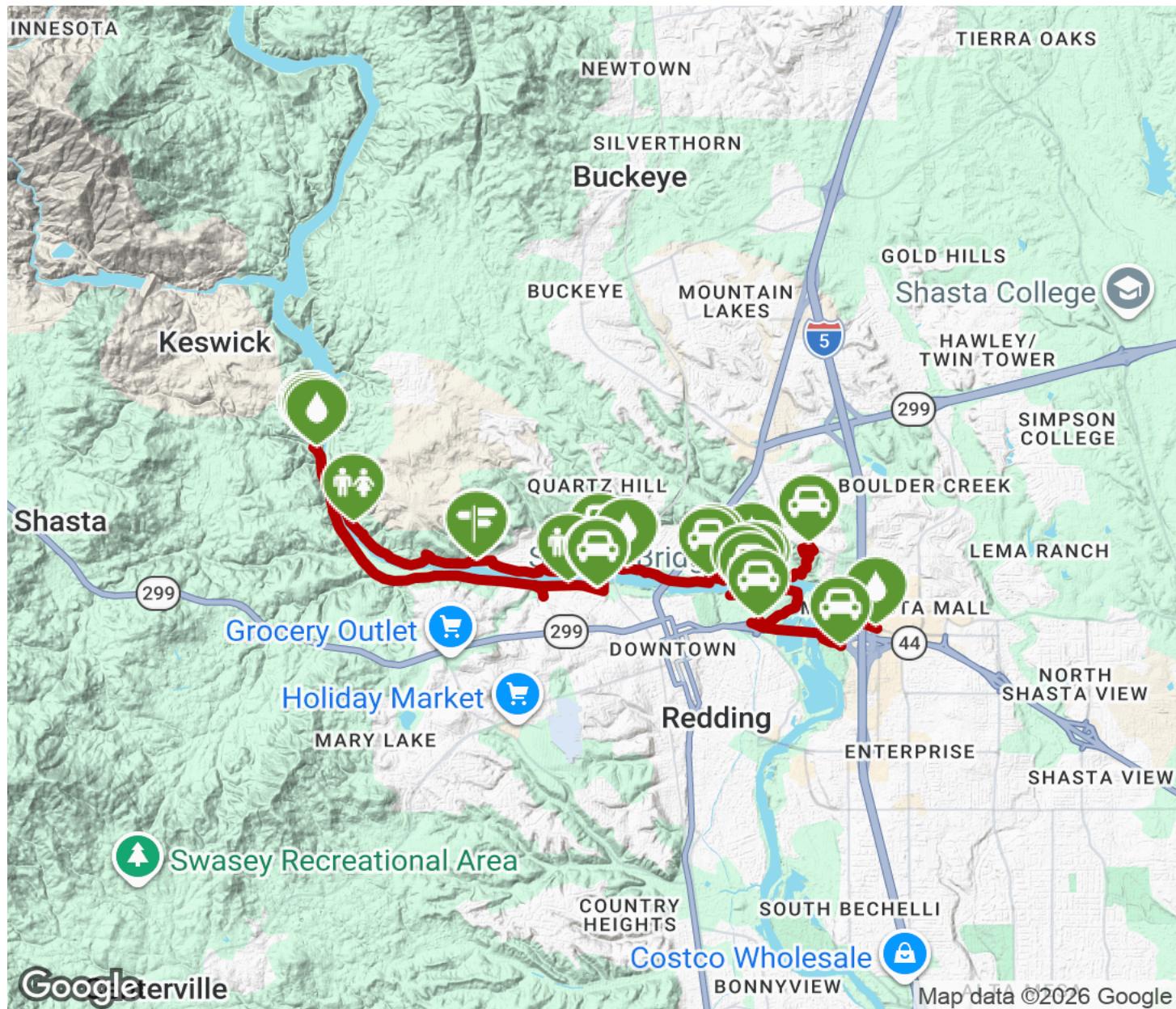
- 3395 Harlan Dr. (Redding)
- 901 N Market St. (Redding)
- 510 Hilltop Dr. (Redding)

Please see [TrailLink Map](#) for all parking options and detailed directions.



Sacramento River Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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